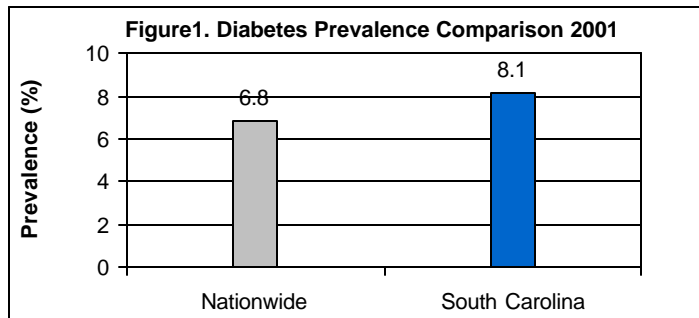


# DataLine

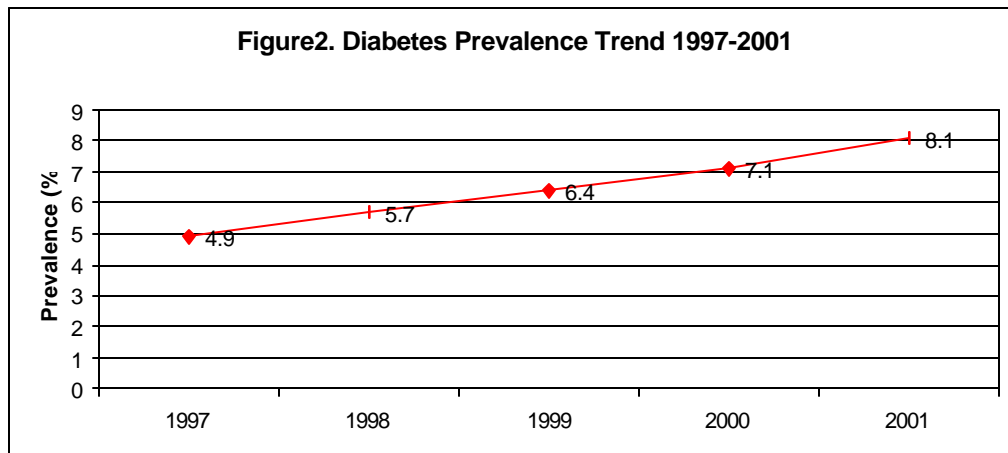
## Diabetes

South Carolina is one of the states that have the highest diabetes prevalence rates in the U.S. Approximately 280,000 South Carolinians have been diagnosed with diabetes and another 140,000 are not aware that they have the disease.

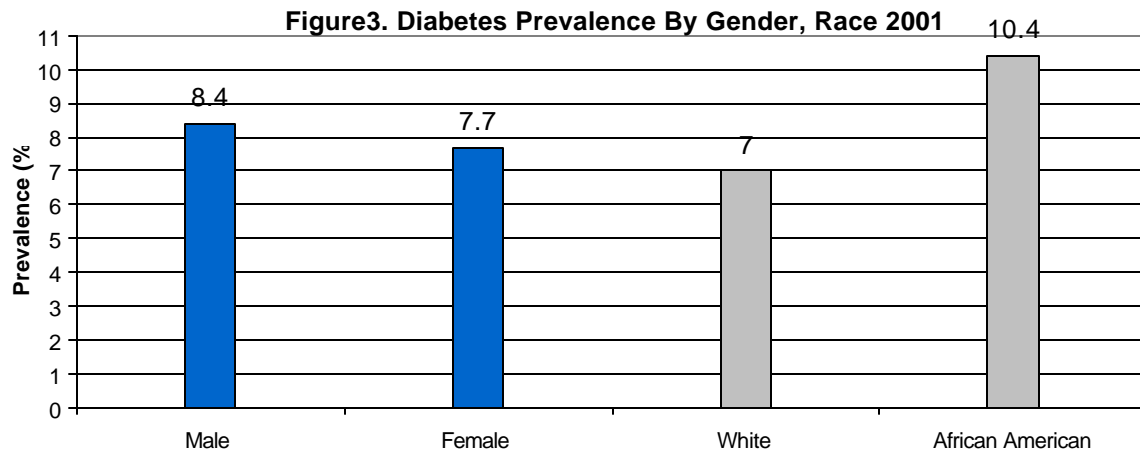


According to the Behavioral Risk Factors Surveillance System (BRFSS) data in 2001, 8.1% of South Carolinian adults reported being told by a doctor that they had diabetes. The prevalence ranked 8th among all states in 2001. (Figure 1)

The prevalence has been increasing since 1997 from 4.9% to 8.1% in 2001. (Figure 2)

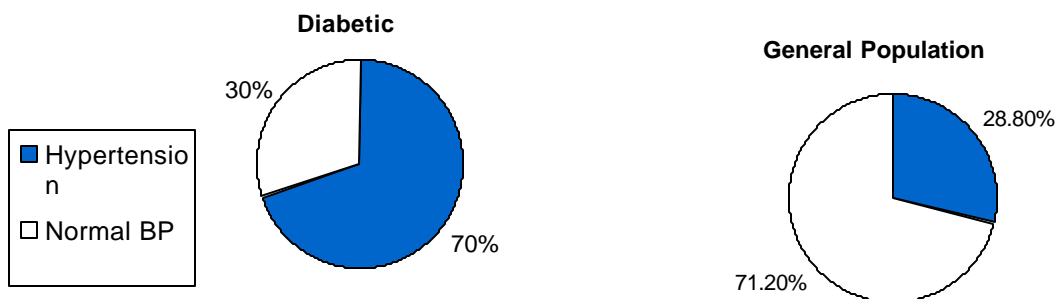


8.4% of males and 7.7% females reported having diabetes. In the Caucasian population 7.0% were diabetic while 10.4% of African Americans were diagnosed with diabetes. (See Figure 3.) Black males had the highest rate, which was 12.1%, among the four race-sex groups. \*

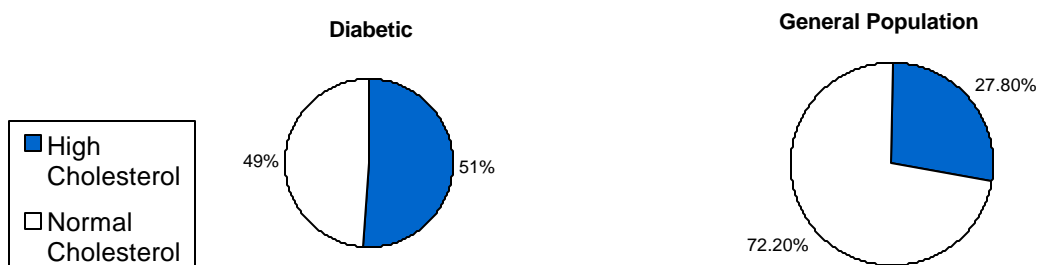


According to the American Heart Association, clinical and statistical studies have found a strong correlation between high blood pressure, high cholesterol levels, and diabetes. The prevalence of hypertension and high cholesterol have been found much high among diabetic patients compared to general population in South Carolina. ( Refer to figure 4 and 5. )

**Figure 4. Hypertension Prevalence in South Carolina 2001**



**Figure 5. High Cholesterol Prevalence in South Carolina 2001**



## Feet

1. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

- ❖ 76.8% of diabetic respondents reported that they checked their feet one or more times per day
- ❖ 14.1% checked at least once a week
- ❖ 4.5% checked at least once a month
- ❖ 4.6% never checked

2. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

Never	Once	2-5 times	More than 5 times
26.6%	20.7%	40.8%	11.9%

3. 12.2% of diabetic respondents reported that they had sores or irritations on their feet that took more than four weeks to heal.

## Eyes

1. When was the last time you had eye exam in which the pupils were dilated?

Within past month	22.2%
Within past year	45.0%
Within past 2 years	11.8%
2 or more years ago	16.0%
Never	5.0%

2. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

**31.7%** of diabetic respondents answered YES.

## Education

**Have you ever taken a course or class in how to manage your diabetes yourself?**

54.2% of the respondents who reported having diabetes said they had taken a course or class.

## Monitor

A test for hemoglobin 'A1C' measures the average level of blood sugar over the past three months. About 89% of people who reported having diabetes in 2001 BRFSS said they had been checked for hemoglobin 'A1C' at least once in the past 12 months by a doctor, nurse, or other health professional.

## Prevent

A number of studies have shown that regular physical activity can significantly reduce the risk of developing type II diabetes. 26.4% of South Carolinian reported no leisure time physical activity in 2001.

Diabetes also appears to be associated with obesity. 59.8% of the population in our state is overweight or obese. \*\*

## How can we make a difference?

American lifestyles, including physical inactivity, poor nutrition and overweight, are having a dramatic influence on our health and will ultimately increase the need for diabetes care in the future. How to prevent diabetes?

**EXERCISE**

**FRUITS AND VEGETABLES**

**LOSE WEIGHT**

### *Suggestions from SC Diabetes Prevention and Control Program*

#### **EXERCISE/PHYSICAL ACTIVITY**

- Walk briskly or as fast as your health will allow you for about 30 minutes per day on most days of the week, preferably, daily.
- Wash your car, do house or yard work, swim, dance, biking, bowling, etc.

#### **Include FRUITS AND VEGETABLES with HEALTHY DIETARY HABITS**

- ❖ Eat 3 well-balanced meals daily
- ❖ Include 5 - 9 fruits and vegetables in your diet daily
- ❖ Avoid high calorie, low-nutrient dense (junk) foods
- ❖ Reduce the amount of fat, especially saturated fats in your diet
- ❖ Increase your intake of dietary fiber
- ❖ Cut down on your total amount of food you eat to help you lose weight or avoid gaining weight.

**VISIT** your doctor on a regular basis for check-ups and know your numbers for:

- Blood pressure
- Lipids (cholesterol, LDL, HDL, triglycerides)
- Microalbumin (protein in urine)
- A1C

**ALSO:**

- ☐ Monitor your blood glucose 2-4 times daily
- ☐ Stop smoking
- ☐ Take your medications as instructed by your healthcare professional
- ☐ Ask your healthcare professional to refer you to see a Registered Dietitian and or a Certified Diabetes Educator for intensive diabetes self-management education

**M**onitoring and treatment of diabetes by health care professional could reduce complications such as blindness, amputations, kidney failure and heart attack. We should encourage those diagnosed with diabetes to get annual dilated eye exams, routine foot exams, and help them to control blood-glucose and blood pressure in order to prevent serious complications.

Let's get it under control!

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\* Four race-sex groups included white male, white female, black male, black female.

\*\* Body mass index is computed as weight in kilograms divided by height in meters squared:(kg/ m<sup>2</sup>). Overweight or obese are defined as BMI greater than or equal to 25.



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## **SC South Carolina Behavioral Risk Factors Surveillance System**

The South Carolina BRFSS is conducted by the South Carolina Department of Health and Environmental Control with funding and guidance provided by the Centers for Disease Control & Prevention (CDC). The BRFSS questionnaire is modified each year by the CDC with collaboration of states. The survey asks a variety of behaviors-related questions such as tobacco and alcohol consumption, exercise, etc, as well as demographic information. South Carolina also develops some specific “State-added questions” to be included in the survey to meet the needs of our state.

The 2001 SC BRFSS consists of 3201 complete telephone interviews conducted with a randomly selected adults aged 18 years and older from sampled households using a disproportionate stratified sample from all telephone-equipped dwelling units in South Carolina.

*Contact South Carolina BRFSS Coordinator at (803) 545-4920 if you have questions or comments regarding this report.*

*More information is available at Epidemiology Bureau's Website:*

[http://www.scdhec.net/hs/epi/brfss\\_index.htm](http://www.scdhec.net/hs/epi/brfss_index.htm)